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Calgary metro

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Your essential daily news | MONDAY, OCTOBER 24, 2016

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Council, time to represent

ELECTION

Two female elected officials push for more women to run

Josie Lukey
For Metro | Calgary

It's one year until Calgary's municipal election, and two female politicians in the province are encouraging more women to run for office.

Stephanie McLean, the province's Status of Women Minister is hosting a panel encouraging women to consider their political potential at the University of Calgary on Monday.

"In order to create good policy, our elected bodies need to look more like the people that they represent. Fifty percent of the population is women, so it doesn't make sense to have so few of those representatives to be women," said McLean.

In 2013 municipal elections, Albertans elected women to only 490 of 1,874 positions. In Calgary, two of 15 positions are currently held by women on City Council: Diane Colley-Urquhart and Farrell.

Druh Farrell, city councillor for Ward 7, also agrees that Calgary City Council should work to reflect the diversity of the city.

According to Farrell, when more women are elected to municipalities, discussions around health and wellbeing naturally flow into the conversation.

Nonetheless, Farrell said this does not mean her colleagues on council are not qualified.

"I'm not suggesting that my colleagues should not be on council, what I'm saying is over time we need to increase the number of women interested in politics feeling interested in running." said Farrell.

For McLean, having a gendered analysis on policy where personal experience comes into discussions is important to ensuring better decisions are made for Alberta families.

We need to increase the number of women interested in politics.
Druh Farrell

AARON CHATHA/METRO

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Grow big *and* grow home

EARTHSHIP

Non-profit gets green light for greenhouse after long delay

Helen Pike
Metro | Calgary

It's finally time for Grow Calgary to plant seeds.

Delayed more than a year, the earthship greenhouse is finally breaking ground again, to grow crops year-round and support more than 20 social agencies and food access organizations with fresh produce.

It wasn't an easy path for Grow Calgary to get here. Months after the project started in April 2015, the City of Calgary called for the demolition of its DIY structure.

Grow Calgary didn't have the development permits to put up the earthship, and as the city said, the materials used weren't a part of the Alberta building code, so it had to come down.

Then, the city was stopped in its tracks as Grow Calgary opted to have the demolition order appealed. It was safe for another 10 weeks and had been granted that time to seek the development permits from the city, as per the Alberta Safety Code Council appeal board ruling.

Finally, in May 2016, the city approved development permits.

In September, Scottie Davidson, who is co-ordinating the build, began holding workshops again to complete the earthship. Sunday, finishing touches were put in place.

Above: Scottie Davidson sits inside the temperature controlled room, using sunlight to heat it in the winter. **Right:** The Grow Calgary team installs the final windows inside the project.
AARON CHATHA/METRO

"I'm impressed that the city of Calgary is open to ideas such as the completion of the Econerds earthship greenhouse," said Scottie. "With a building like this in place, it will give a true proof of concept to the earthship design in the Calgary area."

> **It will give a true proof of concept to the earthship design.**
> Scottie Davidson

Davidson said once it's finished, the earthship could start producing food this year, with a steady flow of produce in 2017.

Paul Hughes, with Grow Calgary, said finishing the earthship is a weight off the shoulders of hundreds of volunteers who worked tirelessly to make it happen. According to him, this is one of the most urban earthships on the books, and it sets a precedent for the city.

"For those Calgarians who want to embrace alternative materials and methods, I think this is a big win for all of us," said Hughes. "We set out with best intentions … we learned a lot, and quite frankly I think the City of Calgary and the province also learned a lot."

Hughes said they hope to grow the classic veggies, but are also toying with more exotic experiments like coconut.

"We're going to use the earthship as a demonstration, experimental greenhouse and kickstart our season," said Hughes.

"It's going to give us a myriad of options."

DEFINITION OF AN EARTHSHIP

Eco-friendly shelters

Earthships are normally known as housing concepts. They are built up to be self-sufficient, using the sun's rays to heat a packed-soil retaining wall. They gather rainwater instead of tapping into city pipes. And rely on passive energy.

The Grow Calgary structure borrows from the traditional earthship builds, but adds a greenhouse element to the mix.
METRO

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COMMUNITY SUPPORT

Man diagnosed at 22 with schizophrenia breaks stigma

Jennifer Friesen
For Metro

Through peer support and theatrical performances, **Darnell Piltingsrud is trying to make life better for people who suffer from schizophrenia.** JENNIFER FRIESEN/FOR METRO

While thinking back to the year 1988, Darnell Piltingsrud pauses for a moment and says, "I just remember being scared all the time."

It was the year he began wandering around his neighbourhood, hearing voices that weren't there.

At 22 years old, Piltingsrud was diagnosed with schizophrenia.

"Things just weren't right," he said. "You have a good life and then all of the sudden everything changes."

The chronic brain and behavior disorder can cause people to have trouble separating reality from imagination sometimes causing auditory and visual hallucinations.

The Schizophrenia Society of Alberta (SSA) estimates that one in 100 people will have some form of schizophrenia in their lifetime.

After Piltingsrud's diagnosis, he spent 10 days in the hospital, and then seven years on a medication that left him feeling "tranquilized." He grappled with his medications for years while facing a stigma for his illness, but now he's on a mission to help others through it.

Three years ago, he joined the SSA's Adult Peer Support program to connect with others who are facing the same struggles he did.

"I've come out on the other side," he said. "I'm there. So I tell them that there's hope. No matter how bad it gets, there's always hope."

The same year Piltingsrud joined the outreach program, he lost his cousin to schizophrenia.

His cousin had his first psychotic episode in his second year of medical school. He didn't speak to anyone for three days, then continued to regress into his illness until he took his own life.

"That's why it's so important to me to help people with schizophrenia," he said.

"(My cousin) had everything. He had intelligence, he had money, he had relationships, but something happened to him that was out of the ordinary. So I thought, maybe I can stop someone else from doing that. The outreach program is like a safety net."

Piltingsrud said all the work is worth it when he sees progress in others. He's seen more than 100 people through his work, but specifically remembers a man who was distant when first arrived at the support group, merely grunting when he was asked a question.

"But now, he's cracking jokes, he's laughing," said Piltingsrud. "He's reaching out. And that's the essence of what we do. It feels good to see someone progress rather than regress."

Piltingsrud is also a member of the SSA's Starry, Starry Night Theatre Group. The community outreach partnership program travels to schools in Alberta telling the story of a young man named David as he goes through the beginning stages of schizophrenia.

"I'm trying to curb the stigma," Piltingsrud said.

"We're trying to get people to understand what schizophrenia is, rather than saying, 'Oh, he's mentally ill — he's no good.' The more we connect with people, the more we can help people going through the initial stages, because they're scared. Schizophrenia doesn't discriminate, we should show compassion."

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FOOTBALL

Young players invited behind the scenes at Stampeders game

Brodie Thomas
Metro | Calgary

Payton Detta, 12, with Calgary Stampeders linebacker Alex Singleton. CONTRIBUTED

Three young football fans were given a glimpse into the big leagues Friday after the Stampeders defeated the Toronto Argonauts.

Louie Detta was at the game with his son Payton, and two of Payton's teammates — Emilio Smith and Coal Kaisowatum.

Louie suggested the three head down to the locker room after the game to see if they could get an autograph as the players were passing by.

Instead, the three young footballers were invited into the locker room to meet the players and hang out.

"When they asked if we wanted to go in, I was shocked. It was amazing," said Kaisowatum.

The Stamps chatted with the trio, asking about their own team — The Bears.

"One of the reason we wanted to meet them was to have a pair of their gloves," said Payton.

Between the three boys, they came away with 12 pairs of gloves, as well as signed footballs.

Louie said all members of the team were kind and respectful, and he was blown away by their generosity.

"I want the Stamps to know that they created a night for three young boys," He said. "It was a night they will never forget."

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Finding a way forward in Chinatown controversy

COMMUNITY

Developers, city to outline area's 'guiding principles'

Brodie Thomas
Metro | Calgary

Council has to vote Dec. 5 on changes that could allow for a 30-storey highrise to be built in Chinatown. METRO FILE

The calls for Calgary City Council to reject a proposed change in Chinatown to allow for a 30-storey building are growing louder.

Alice Lam, a member of the Chinatown Taskforce, said her group is putting up posters around the downtown Calgary community in hopes of getting more people to speak out.

El Condor Lands is applying to amend the Chinatown Area Redevelopment Plan and change the land use designation on a parking lot at 3 Avenue SW, off Centre Street.

"How can you make this application work for the community while leaving the application so wide open to interpretation?" asked Lam. "You can pretty much build anything."

She was critical of the consultation process, saying city officials tend not to explain the consequences of certain choices and leave citizens on their own to learn the ins and outs of urban planning.

However some other groups within Chinatown see a way forward. Chinatown Community Stakeholders' Committee (CCSC) and Chinatown District Business Revitalization Zone (CDBRZ) released a document Sunday with a vision for what Chinatown should be, along with 10 guiding principles for development and 14 community development guidelines.

Spokesman Terry Wong said his groups want to work with the city and the developer from those principles and guidelines to make a better Chinatown.

"It is within our grasp to be the best Chinatown in North America," said Wong. "We're literally talking about four square blocks, and if we lose one of those four square blocks, then we're not going to be able to make Chinatown the best."

He said the CCSC and the CDBRZ want development to take place, but within the context of certain cultural norms for the residential area.

One of the guiding principles talks about having the area be built at a "human scale" focusing on the first three floors. Wong said the 30-storey highrise proposed would not work because its first three floors would be a commercial podium with no retail storefront for small businesses.

Engineers looked at several options before settling on this dual roundabout interchange, which is supposed to keep traffic moving more smoothly than lights. CONTRIBUTED/CITY OF CALGARY

CITY PLANNING

Crowchild Trail interchange predicted to improve traffic

It's an overpass unlike any you've ever seen, and as of Nov. 1 it will be open to drivers.

Work on the Crowchild Trail-Flanders Avenue interchange has been ongoing for a year, but if you thought they were working on a plain-Jane overpass, you've got another thing coming.

The dual-roundabout design will help get vehicles coming from three different roads — Crowchild Trail, Flanders Avenue and Richard Road.

"Essentially — the dual roundabouts design was selected because it provides the best lane continuity for traffic coming from Richard Road to northbound Crowchild, and because the roundabouts are anticipated to provide better traffic efficacy and efficiency than a traffic signal," said Roads spokeswoman Emma Stevens.

The $35 million project was cost-shared between the city of Calgary and Canada Lands Corporation, which needed toincrease traffic capacity for the development of Currie Barracks.

The city will be holding a grand opening of the interchange on Oct. 29 at 11:30 a.m.

BRODIE THOMAS/ FOR METRO

POLICE

Alcohol, speed may be factors in crash

Josie Lukey
For Metro | Calgary

Calgary Police Traffic Section is investigating a fatal crash that took place early Sunday morning.

Around 12:30 a.m., a 28-year-old woman was driving a black Dodge Journey northbound on Metis Trail, towards the Country Hills Boulevard when she failed to stop at a red light.

She then struck a white Kia Forte with four passengers headed eastbound on Country Hills Boulevard.

The front passenger of the Kia was pronounced dead at the scene while the driver and backseat passengers were seriously injured.

The driver of the Dodge Journey was arrested on scene, but has since been released.

Both excessive speed and alcohol are believed to be factors.

Anyone who may have seen the collision or has information about the events leading up to the crash is asked to contact CPS at (403)-567-4000.

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Just another manic Monday

WORKLOAD

Council may move meetings to Tuesdays for life balance

Brodie Thomas
Metro | Calgary

Ever find yourself doing a bit of prep work on Sunday so you'll be ready for work Monday?

The story is no different for Calgary city councillors, and now there's a proposal to move the regular Monday meeting to Tuesday for 2017.

Ward 12 Coun. Shane Keating of Ward says he's all for moving the meetings to Tuesday in an effort to gain back some work-life balance.

He said when he started as a councillor, he was putting in 60- to 80-hour weeks, and now he's learned to keep that number closer to 60 hours most of the time.

"It gives us back a bit of what you would call the work within the work week," said Keating.

He hadn't heard much talk about the plan previously, but is pleased to hear it is being considered.

Councillors and the general public can access reports about the upcoming council on Wednesday afternoon.

That gives them four full days plus an evening to read through what sometimes amounts to thousands of pages on dozens of items.

The report on potential Tuesday meetings says the option was brought forward because of "quality of life" concerns.

The request for an optional Tuesday schedule was made by both the city manager and the mayor's office.

Moving council meetings to Tuesdays instead of Mondays would give councillors one more day to read the material, but it could also throw off other meeting schedules. METRO FILE

The City Clerk's office has also come up with a Monday schedule in case the idea is rejected.

Not everyone is keen on the idea. Ward 10 Coun. Andre Chabot said moving things ahead a day would have negative consequences at the end of the week for him.

He sits on a number of boards and committees that meet on Thursdays and Fridays. Moving council meetings to Tuesdays would bump many other city committees ahead one day, and throw his schedule out of whack.

"One of my colleagues once said when he first got elected, 'How are we supposed to get through all of this material by Monday?' And my answer to him was, 'Start now,'" said Chabot.

"Every free moment from Thursday on, I'm in the books reading, preparing for Monday."

> **It gives us back a bit of what you would call the work within the work week.**
> Coun. Shane Keating

Pharmacist Amani Chehade.
JOSIE LUKEY/METRO

PUBLIC HEALTH

Easy to get flu vaccine

Josie Lukey
For Metro | Calgary

Roll up your sleeves: Flu shots are available in Calgary pharmacies Monday — and if you don't cry, you might even get a lollie.

This year's seasonal flu vaccination is set to protect against two influenza A strains and two influenza B strains.

Type A flu viruses are responsible for flu epidemics and passed through surfaces touched by someone infected. Type B are less severe, but have the possibility to still be extremely harmful.

According to pharmacist Amani Chehade, the flu virus changes every year, which is why vaccines vary in effectiveness. Chehade said if you don't get the vaccine, you're not just putting yourself in danger, but everyone else.

"It's kind of like a herd effect. If you get vaccinated we're eradicating and preventing the disease from spreading. It's the same thing with chickenpox, there's no breakouts because people are getting vaccinated for it," she said.

Individuals can walk in to get vaccinated by a certified injection pharmacist at pharmacies across the city. It's recommended for everyone six months and older, and is covered under Alberta Health.

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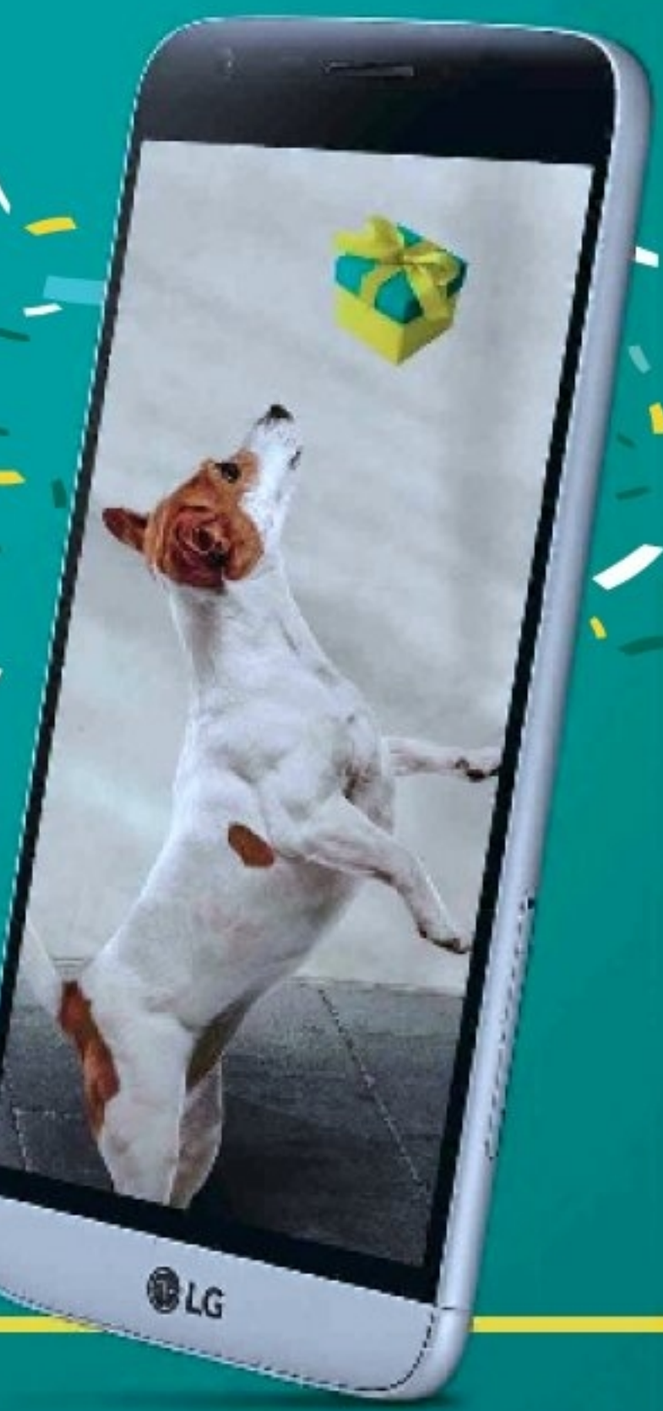

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EMPOWERMENT

Event shows how women can be both smart and sexy

Aaron Chatha
Metro | Calgary

When it comes to books, size doesn't matter — it's all about the quality for Keely Kamikaze.
AARON CHATHA/METRO

The word books is only one letter away from boobs.

Ponder that for a moment before stepping into the Calgary chapter of Naked Girls Reading.

Started in Chicago in 2009, it's exactly what it sounds like: naked women read books to an audience, in an empowering move to prove women can be both smart and sexy.

As the Calgary organizer Keely Kamikaze plans the second Naked Girls Reading event for Nov. 9, she said it's already stripping away preconceptions.

"As a woman, we have a certain level of power and doing this nude really brings this to the forefront," she said. "The women who did the reading last time, they bring so much — power is the only word for it — they blew everyone away."

The theme for the first event was erotica, and the women chose whatever they liked in that theme to read aloud.

In particular, Kamikaze noted the transformation the event had over the participants.

For beat poet Erin Dingle, who is already used to opening up to audiences with her original poetry, the event was a different type of openness to deal with.

"She messaged me so many times before the show saying, 'I'm so nervous, you have to convince me to do this.'" Kamikaze recalled. "She was so worried — and she was the most powerful reader."

She got a standing ovation.

Kamikaze said the event isn't for titillation — nudity may get some people in the door, but it's not what engages them all the way through. Even audience members who were hesitant at first — avoiding eye contact, not making much noise — found themselves cheering by the end.

Going forward, Kamikaze said she already has a long list of people who want to try reading, but has plenty of room for more names. Anyone who identifies as a female may take part, no matter where they are in their transition, and both men and women are welcome to come watch. It's all about body positivity.

"I don't know why it's so taboo. Everybody has a body. Let's celebrate it," she said, smiling.

The next Naked Girls Reading event will be sci-fi themed — complete with nerdy mocktails — at the INKubator theatre on Nov. 9. Doors open at 6:30 p.m.

THEATRE

Play brings over 100 baby boomers to life

This is the last week to check our Rick Miller's BOOM at Theatre Calgary.

The show first premiered on the stage two years ago with High Performance Rodeo — and since then has exploded in popularity with a tour around Canada.

Now Miller has brought BOOM back to Calgary after two years. The play takes audiences through the baby boomer generation — 1945 to 1969 — with an array of images and video as Miller brings to life more than 100 politicians, musicians and icons from the era in a solo performance.

That's from the dropping of the atomic bomb to the Apollo 11 landing on the moon.

The production runs until Oct. 29. For more information, visit www.theatrecalgary.com.

METRO

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WONDER WOMAN

UN criticized for new global ambassador

May Warren
Metro | Toronto

A Muslim superhero. A character representing the Cree community. Or, maybe, just maybe, a real woman.

The UN is in hot water after tapping Wonder Woman to be their global ambassador for women's empowerment — and some women in Canada have plenty of thoughts on people who may have been better choices.

Gabrielle Ross-Marquette, communications co-ordinator at METRAC in Toronto, a non-profit that combats violence against women and children, suggested Ms. Marvel (Kamala Khan), a 16-year-old Pakistani American who's the first Muslim superhero.

Or Cree superhero Equinox, who was created with input from the Moose Factory Cree community and has superpowers that change with the seasons.

Melanie Gallant, spokesperson for Oxfam Canada, a national organization that works to end poverty by promoting the rights of women and girls, said she's "happy to see a strong feminist icon chosen" but would have preferred a real woman who embodies some of the values the UN tries to promote around the world.

A large-breasted white woman of impossible proportions is perhaps not the best spokesperson for gender equity.

Petition to recall Wonder Woman's post with the UN

Someone like Viola Desmond, a Canadian woman who fought against racial segregation in Nova Scotia in the 1940s and 1950s

Nancy Coldham, co-chair of Equal Voice Toronto, which works to get more women elected in Canada, said she can see why the international body tapped Wonder Woman for the role.

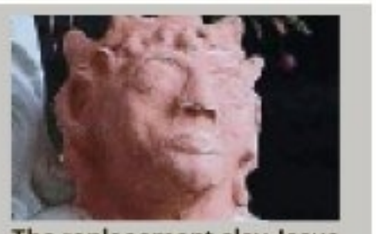
"They are trying to reach a tech-savvy audience," she said, adding comic book characters have been used around the world for worthy causes like promoting literacy and preventing bullying.

IN BRIEF

Stolen Christ head returned; orange replacement gone

The missing head of a statue of baby Jesus has been returned, and the bright orange clay head that replaced it has been removed.

The statue had recently been fitted with the temporary clay head — topped with a spiky orange crown — crafted by a local artist, which garnered international attention and was compared online to a character on The Simpsons. The head was returned by a woman who has not been identified. THE CANADIAN PRESS



The replacement clay Jesus head has been removed. THE CANADIAN PRESS

A May 9, 2016, photo shows German Chub, who was left paraplegic after he was shot during a conflict near a Canadian-owned mine in Guatemala. A report says the government should do more to address violence associated with Canadian mines. TORSTAR NEWS SERVICE

Violence rampant at Canadian mines: Report

LATIN AMERICA

Feds criticized for failing to address deaths and injuries

A new report that documents 15 years of violence near Canadian mines in Latin America says the federal government is not doing enough to address the problem.

The study, published Monday, charts 44 deaths, 403 injuries and 709 arrests, detentions and charges from 2000 to 2015 that the authors link to 28 Canadian companies' mining projects in 13 countries in the region.

"The world is taking notice of Canadian companies for all the wrong reasons," said Shin Imai, a law professor at York University's Osgoode Hall Law School and principal author of the report, titled The Canada Brand: Violence and Canadian Mining Companies in Latin America.

"We need a more robust way to hold companies accountable," he said.

Pierre Gratton, president of the Mining Association of Canada, which represents several of Canada's largest resource companies, said his members are committed to human rights and do disclose workplace injuries and fatalities in annual sustainability reporting.

Some Canadian companies work in "jurisdictions in which levels of violence are significantly higher, and respect for the rule of law lower, than that experienced in Canada, which is a challenge," Gratton said. "Our members don't condone violence nor, in many of these examples, is violence directly correlated to operations."

Ottawa requires that Canadian mining companies follow voluntary corporate social responsibility (CSR) codes in their overseas activity. The office of the federal CSR counsellor also works to "reduce and constructively resolve" conflicts between local communities and Canadian companies. That office does not conduct investigations nor have the power to sanction companies.

Most companies subscribe to what is known as "voluntary principles on security and human rights," Gratton said, a framework that requires companies to respect human rights, including in its dealings with police and security personnel.

The report found 33 deaths, 57 injuries and 37 arrests, detentions and charges in the data set that were linked to the projects of publicly listed Canadian companies.

These cases cannot be independently verified.

Canadian securities regulations oblige companies to disclose events that may affect the market value of their shares. Incidents of violence may not necessarily meet that standard and no law requires companies to disclose all incidents that happen near their overseas projects. TORSTAR NEWS SERVICE

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'The jungle is finished'

CALAIS, FRANCE

Thousands of migrants face the unknown as camp closes

Demonstrators throw back tear gas canisters to French riot police during clashes in a makeshift migrant camp known as "the jungle" near Calais, northern France. French authorities say the closure of the slum-like camp in Calais will start on Monday. THE ASSOCIATED PRESS

Migrants prayed, plotted and played soccer together Sunday, a day before France starts clearing them by the thousands from a makeshift refugee camp that is doomed for destruction.

But the scene that would pass for normal on another day at the slum-like camp in the northern port town of Calais nicknamed the "jungle" was anything but routine.

On Monday, 60 buses are set to transport 3,000 migrants to reception centres scattered around France. By week's end, the camp is to be emptied and destroyed.

"Tomorrow the jungle is finished. You know it, right?" Enrika Kareivaite, a volunteer with aid group Care4Calais, told a group of migrants. Police and volunteers will be on hand, she said, "and we will ask you to leave with us together, OK?"

After nightfall, groups of migrants used portable toilets to set huge bonfires on a sandy no-man's land on the camp's edge that authorities carved out earlier this year to push camp inhabitants away from a road leading to port and ferries to England.

Scores of riot police were keeping watch, and some occasionally charged the groups igniting the flames.

The evacuation of at least 6,486 migrants — aid groups have estimated 8,300 — has been in the works for two months and is expected to take a week. It is unfolding as a complex ballet of lines, interviews, and bus rides to the unknown.

The people at the camp, who will be allowed to pick two regions of a country they don't know as their intended destination, were just learning the details Sunday.

"The objective has been reached. We have more than 7,000 places. We have a place for everyone," Calais' social cohesion director Serge Szarzynski said Sunday.

But most migrants encountered were unaware of how the operation was to proceed and unsure where their next landing place would be.

Some people staying at the camp said they fear ending up in unwelcoming villages with few economic opportunities instead of cities, a real possibility.

"And there are rumours here that they are taking them to warehouses," said Tariq Shinwari, a 26-year-old Afghan who has applied for asylum in France.

The camp that sprang up 18 months ago in the sand dunes near the Calais port is home to a population that fled wars and other crises, from Syria and Afghanistan to Eritrea and Ethiopia.

The heart of the chaotic camp has been a church built by Ethiopians. With two crosses that dominate the landscape and a carefully decorated interior, it offered a wellspring of hope for the faithful, including those who attended a special four-hour service on Sunday.

"This is a special service. The people are really fearing," Salamin, a man who acts as church keeper and activity planner, said. Like many others on the cusp of the unknown, he gave only a single name. THE ASSOCIATED PRESS

HEALTH

Poles take to streets again to protest abortion restrictions

People protest against efforts to tighten an already restrictive abortion law on Sunday in Warsaw, Poland. AFP/GETTY IMAGES

Polish women put black clothes back on and returned to the streets Sunday, launching another round of protests against efforts by the nation's conservative leaders to tighten Poland's already restrictive abortion law.

A large group gathered outside the parliament building in Warsaw, decrying the Catholic Church's influence on political life and chanting "We have had enough!" Similar protests took place in other cities across the country.

The street protests are expected to have their culmination on Monday, when some women are also planning a strike, boycotting jobs and classes.

Similar protests took place three weeks ago against a proposal for a total ban on abortion. Lawmakers rejected that proposal after massive crowds of women dressed in black staged streets protests under their umbrellas in the rain.

The latest round of demonstrations, held under the slogan "We are not folding up our umbrellas," was organized in response to a new proposal that would fall short of a total ban, but outlaw abortions in cases where fetuses are unviable or badly damaged.

Jaroslaw Kaczynski, the head of the ruling Law and Justice party, said recently he wants a new law that would ensure that women carry their fetuses to term even in cases of Down syndrome or when there is no chance of survival. The move would allow for baptisms and burials, Kaczynski said.

THE ASSOCIATED PRESS

IN BRIEF

Iraq bans alcohol

Iraq's parliament has passed a law forbidding the import, production or selling of alcoholic beverages in a surprise move that angered many in the country's Christian community who rely on the business.

The law, passed late Saturday night, imposes a fine of up to 25 million Iraqi dinars, or $21,000, for anyone violating the ban. But it's unclear how strictly the law would be enforced, and it could be struck down by the supreme court.

Islam forbids the consumption of alcohol, but it has always been available in Iraq's larger cities, mainly from shops run by Christians.

THE ASSOCIATED PRESS

Tour bus hits truck, killing 13, injuring 31 in California

A tour bus slammed into the back of a semi-truck on a Southern California highway early Sunday, killing 13 people and injuring at least 31 others, some critically, authorities said.

The passenger bus was going much faster than the truck, said California Highway Patrol Border Division Chief Jim Abele.

"The speed of bus was so significant that the trailer itself entered about 15 feet into the bus," he said.

THE ASSOCIATED PRESS

Haitian authorities recapture escaped inmates

Police officers were searching cars and boats for escaped prisoners on Sunday after recapturing at least a dozen of the 172 inmates who overpowered guards and escaped from a lock-up in central Haiti. The prison break occurred Saturday in Arcahaie, about 30 miles north of Haiti's capital. THE ASSOCIATED PRESS

Japanese retailer eyes Canadian expansion

BUSINESS

Muji opens first location with 'no frills' products

There is room for as many as 30 Muji stores in Canada, said the company's Japanese president, Satoru Matsuzaki, at the opening of the third store in the Toronto area at Yorkdale on Friday.

"We will open in Vancouver in 2017, and we are considering opening stores in Alberta and Quebec by 2020. In addition, we are thinking of opening two large flagship stores, in Toronto and Vancouver," said Matsuzaki.

At 6,375 square feet, the Yorkdale store is the largest of the three Muji stores in Canada, which include locations near Dundas Square, Toronto, and in Square One Shopping Centre in Mississauga.

Employees work at Muji's new store at Yorkdale Mall in Toronto, Ont. TORSTAR NEWS SERVICE

Muji is short for Mujirushi Ryohin (which translates as All Value No Frills), an expanding line of unbranded products — including apparel and homewares — designed to be functional, beautiful and reasonably priced.

"People are realizing that a large quantity of goods and functions will not necessarily make them happy," said Matsuzaki.

> **There is always a need for simple goods.**
> Satoru Matsuzaki

"But there is always a need for simple goods that will make one's life more comfortable."

The store opened Friday, next to Japanese apparel retailer Uniqlo, in a new wing at Yorkdale that also includes a three-storey Nordstrom.

The Yorkdale Muji includes an expanded apparel selection and a growing number of skincare products, Japanese snacks and candies and some furniture items, including the Beads Sofa, essentially a beanbag chair.

The location is the first to offer embroidery and style consultant services.

TORSTAR NEWS SERVICE

INCLUSIVENESS

Companies break the mould on toy diversity

Toy companies are working harder to think outside their usual box, offering more inclusive items like dolls with disabilities, female superhero figures and characters with a range of skin tones.

Many of the products breaking down the barriers started with smaller businesses, but big names like Mattel and Hasbro are getting into the game and offering lots more options this holiday season.

What that means on the shelves is Barbies that have a greater variety of body types, eye colours and facial structures, a Lego mini-figure of a boy who uses a wheelchair, and an American Girl doll with accessories like a diabetes kit and arm crutches in addition to the hearing aids and service dogs it has offered before. Other items include coding toys, robots and circuit builder sets aimed at both girls and boys.

Barbie Fashionistas, from Mattel, on display at the annual TTPM Holiday Showcase, in New York.
RICHARD DREW/THE ASSOCIATED PRESS

Increasingly, the inclusiveness in the toy aisle means dolls with disabilities. Toys R Us has carried an exclusive line since 2013 called Journey Girls, which includes a wheelchair and a crutch set. Its partnership with American Girl to carry the Truly Me collection starting this month will include dolls that also use crutches, diabetes kits and wheelchairs.

Experts say it's critical for children to play with toys that don't perpetuate stereotypes of what's considered beautiful.

"There's been some good progress, but there is a lot of work that needs to be done," said Elizabeth Sweet, a sociologist at California State University in Sacramento, California. "Kids need to see themselves in the toys and objects they interact with." THE ASSOCIATED PRESS

MEDIA

AT&T set to purchase Time Warner in $85.4 billion deal

Grab some popcorn — AT&T wants to take you to the movies.

AT&T is buying Time Warner, the owner of the Warner Bros. movie studio, HBO and CNN, for $85.4 billion in a deal that could shake up the landscape.

The deal would combine a telecom giant that owns a leading cellphone business, DirecTV and Internet service with the company behind some of the world's most popular entertainment, including Game of Thrones and professional basketball.

MEDIA MERGER MANIA

Companies that provide phone and Internet connections are investing in media to find new revenue sources and ensure they don't get relegated to being just "dumb pipes." Verizon bought AOL last year and has now proposed a deal for Yahoo to build a digital-ad business. Comcast bought NBCUniversal in 2011.

Buying Time Warner may be "a good defensive move" against Comcast as the cable giant continues to expand its ventures.

POTENTIAL DOWNSIDES

Even if the AT&T deal overcame opposition in Washington, though, it's possible regulators might saddle the company with so many conditions that the deal no longer makes sense.

Also, AT&T is handing over $85 billion to Time Warner, almost 40 per cent more than investors think the company is worth.

MARKET SPILLOVER

The prospect of more media acquisitions sent several stocks soaring Friday. Netflix and Discovery Communications each jumped more than 3 per cent.

Time Warner rose nearly 8 per cent on Friday — up 38 per cent since the start of the year.

THE ASSOCIATED PRESS

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metro VIEWS
Your essential daily news
Monday, October 24, 2016

URBAN ETIQUETTE ELLEN VANSTONE

THE QUESTION
What do I say when people ask how much my engagement ring cost?

Dear Ellen,

Since getting engaged, my fiancé and I have had numerous questions from friends about how much the ring cost. I find this question offensive and I have refused to answer. My fiancé has given a ballpark figure (i.e., between $2,000 and $3,000). What is the right way to handle this question without sounding rude?

Engagement Ring Woes

Dear ERW,

I'm always struck by innately polite people who bend over backwards to protect the feelings of innately rude people. Then again, I suppose that's the definition of good manners: treating other people respectfully regardless of their own tactless, nosy, obtuse behaviour toward you.

Asking how much your ring cost is on the Top 11 List of Rude Questions That Should Never Be Asked. The other 10:

1. "Are you pregnant?"
2. "Why don't you have kids yet?"
3. "Are you having trouble getting pregnant?"
4. "Are you going to get married? (Which often comes complete with: "Why hasn't he/she/they asked yet?")
5. "How much did your house cost?"
6. "How much money do you earn?"
7. "Did you resign or were you fired?"
8. "Is that what you're wearing?"
9. "I heard you guys split up — whose fault was it?"
10. "What is that thing on your face?"

I could list many more rude questions, of course, having once been a younger, tactless, nosy, obtuse person who asked many of them myself.

We think we're just being curious when we pose these queries. But what seems innocuous to us can feel like a gut punch to those who can't get pregnant, or who just got dumped, fired or diagnosed with a horrible facial-skin disease.

Back to the ring. You say you refuse to answer when people ask how much it cost, which is your right. But then you ask how to handle this question "without sounding rude?" This makes me wonder how you've been handling it so far. I'm going to assume you aren't telling people to shut the hell up and eff off.

Perhaps you're confusing the potential awkwardness of a polite but firm "no" with rudeness, because it makes people uncomfortable. But there's nothing wrong with replying, "I'd rather not say how much my ring costs." You don't have to add anything. You don't have to rush headlong into the silence to save anyone's feelings. If whoever asked the rude question has any sensitivity to social cues at all, they'll realize their mistake and learn from it. Thanks to you.

And if they're insensitive clods who persist ("C'mon, tell me. I really wanna know"), you can just smile and explain, as if to a small child: "I don't want to tell you and I'm not going to."

Best of luck with your nuptials. Just be prepared to have the same answer ready when you get asked how much the wedding cost.

Perhaps you're confusing the potential awkwardness of a polite but firm 'no' with rudeness

Need advice?
Email Ellen:
scene@metronews.ca

VICKY MOCHAMA

Wearing a 'nasty woman' shirt without harassment is a privilege available to white women

As a black woman, I will not be wearing a "nasty woman" T-shirt.

In the waning moments of the final presidential debate, Donald Trump called Hillary Clinton "such a nasty woman." Now, women — mostly white women — are reclaiming "nasty woman" and turning it into a capitalist empire: There are Nasty Woman cocktails, perfumes, tote bags and T-shirts. Some have donated their proceeds to charity. Others, well, just got paid.

There's an entire "nasty woman" economy but my credit card will be staying in my wallet.

The word "'nasty'" hypersexualizes and diminishes black women. It's a term of contempt. When the Beckys at the top of "Baby Got Back" take the measure of the black woman in their midst, the judgment they arrive at is clear: She's a nasty girl.

"I mean, her butt, is just so big

I can't believe it's just so round, it's like

Out there, I mean — gross. Look!

She's just so ... black!"

When they say "she looks like a total prostitute," they're echoing a racist, misogynist trope that's much more pervasive than you might realize. I don't know of a single black woman who hasn't been mistaken for a sex worker. Whether it's rambunctious white boys driving by to ask "How much?" or the Paris waiter who asked me to sit inside instead of alone on the patio, we're assumed to be available for purchase.

The freedom to wear a "nasty woman" shirt without being sexually accosted and harassed is a privilege available to white women.

White feminism can be alienating for non-white feminists. As writer Catherine Young explains, "White feminism is a set of beliefs that allows for the exclusion of issues that specifically affect women of colour.

"It is 'one size-fits all' feminism, where middle-class white women are the mould that others must fit."

White feminism looks like #LeanIn when black women can't get job interviews because their names are different. It sounds like Hillary Clinton saying "This all started in Seneca Falls," a women's rights convention where no black women were present.

Black women and other women of colour are routinely told that supporting Hillary is a feminist requirement when surely the only feminist requirement is dresses with pockets. Women of colour are being asked to set aside their valid concerns; we're being told to favour our gender over our race even when the world defines us by both.

So no "Nasty Woman" shirt for me. I'll just continue wearing my favourite shirt, which reads, "I met God. She's black."

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Monday, October 24, 2016

Famously straight-laced 17th-century sectarians who helped settle America weren't so priggish after all, says leading Puritan scholar Francis Bremer, who points to a love letter that John Winthrop wrote in 1618 to his wife as an example of Puritan passion.

AFTER THE GAME

Athletes say they call out vulgarity if they hear it

Perry King
For Metro Canada

Not in his locker room

Matt Black, the Argos' defensive back and kick returner, says he sees more guys giving back to the communities where they grew up than taking part in stereotypical, misogynist locker room behaviour. BERNARD WEIL/TORSTAR NEWS SERVICE FILE

The conversation Donald Trump had on a 2005 videotape, words he described as "locker room talk," were definitely not the kind of words Mobeen Noormohamed would ever use.

Playing rec league hockey with the same guys for more than a decade, Noormohamed has seen the locker room as a place to connect with the guys he plays with, as well as an outlet to let off some steam.

"It is sometimes like a venting thing, talking about work or about life," said Noormohamed, from his Stouffville, Ont. home, "and the guys relate to that."

If they do talk about women, especially their spouses, it's kept tame. "Is it a lot of vulgarity? No, not really. At the same time, is it stuff that we would talk about with our spouses? Probably not," added Noormohamed, a husband and father of two.

In the Toronto Argonauts locker room, they talk about everything under the sun. Matt Black, the team's defensive back and kick returner, says he sees more guys giving back to the communities where they grew up than living up to the misogynist label associated with the stereotypical locker room behaviour attached to Trump.

"Just because it happens in a locker room doesn't make it OK for you to say something like that," said Black, who has taken part in the Argos' Make the Call program, one that develops violence prevention strategies by talking to men and boys, including many high schoolers, about their attitudes toward women.

"I'm a father of a daughter," he added. "If my daughter comes home and tells me something (violent) happened to her, what's any father going to think? I'm going to be enraged."

Noormohamed and Black have each heard minimal vulgar comments about women in their spaces, but Dr. Margery Holman from the University of Windsor argues that the behaviour is still very common. Researching about women and sport for years, Holman has found locker room culture to be historically male-dominated, where misogynist behaviour can stew.

She said talking with utter vulgarity about women behind closed doors sends the message that feeling and thinking that way is OK and enables even worse behaviour in men, even violence, in the future.

Recently, many athletes, including the NBA's Lebron James, denounced Trump's comments, saying that his Cleveland Cavaliers teammates don't talk about women that way. A 2012 survey, conducted by the White Ribbon campaign in Ontario, says 97 per cent of men thought that violence against women was unacceptable to them and that they have a personal role to play in stopping it.

But, Holman argues, those voices still represent a "vocal minority."

"If you ask athletes, they might be reluctant to talk about it. Often it's something that's under the table. There's a lot of silence that shrouds it," she said. Comparing that talk with hazing, Holman says the sports environment is protective and that many athletes still don't call out other men or confront the issue.

"It's really difficult to stand up to it," explained Holman, who has studied sexual harassment as part the university's kinesiology department. "The majority of men don't engage in those behaviours, but we need them to speak out against others."

Pushing back against mindsets like Trump's and preventing its escalation into sexual violence is hard, but there is work being done to create a space for that conversation.

Mobeen Noormohamed has played rec league hockey with the same guys for more than a decade. PERRY KING/FOR METRO

Mike Schaaf, who co-ordinates the MANifest Change program, a men's outreach effort organized by the Ottawa Coalition to End Violence Against Women, has reached out to about 2,000 people in the Ottawa area and thousands more via social media to discuss positive definitions of masculinity — which foster acceptance and builds better relationships with others, especially women.

Schaaf, who estimates that 1 in 3 women and 1 in 6 boys experience sexual violence, is well aware of the locker room talk and understands the nature of it.

"As men, we are often under pressure to prove ourselves to other men by acting tough, bragging about sex with women, and showing willingness to use violence," he wrote in an email. "We aren't satisfied with that definition of manhood because it underlies violence against women and violence among men."

Working with high school and varsity athletes, including an active relationship with CFL players like Black, Schaaf's work aims to better bridge the conversation.

Black feels it's important, now as a father and leader, to have these discussions with men but to also empower young women, to give them courage and support them if they suffer violence.

"Do what we need to do to empower young women, so that when something inappropriate happens to them, they know that it's OK to come forward and tell your story," Black said.

METRO ASKS

"What do you talk about in your locker room?"

PERRY KING FOR METRO

We're talking about whatever is going down that day. Sometimes we'll talk about females but we always stay respectable.
- Andrew Madeira-Silva

Toys. I drive a motorcycle so if I find someone who shares the same passion, I talk about the thrill that comes along with riding and we bond over that shared hobby.
- Joseph Mercadante, purchasing assistant

Gossip and boys.
- Katie Campbell, student

Usually about current games on TV or, maybe I'm childish, cartoons like any other person. I don't talk about any random groping like Donald Trump but I'm a human being. If I see a girl who's attractive, I'll bring it up to my homies."
- Khristopher Robinson, photography

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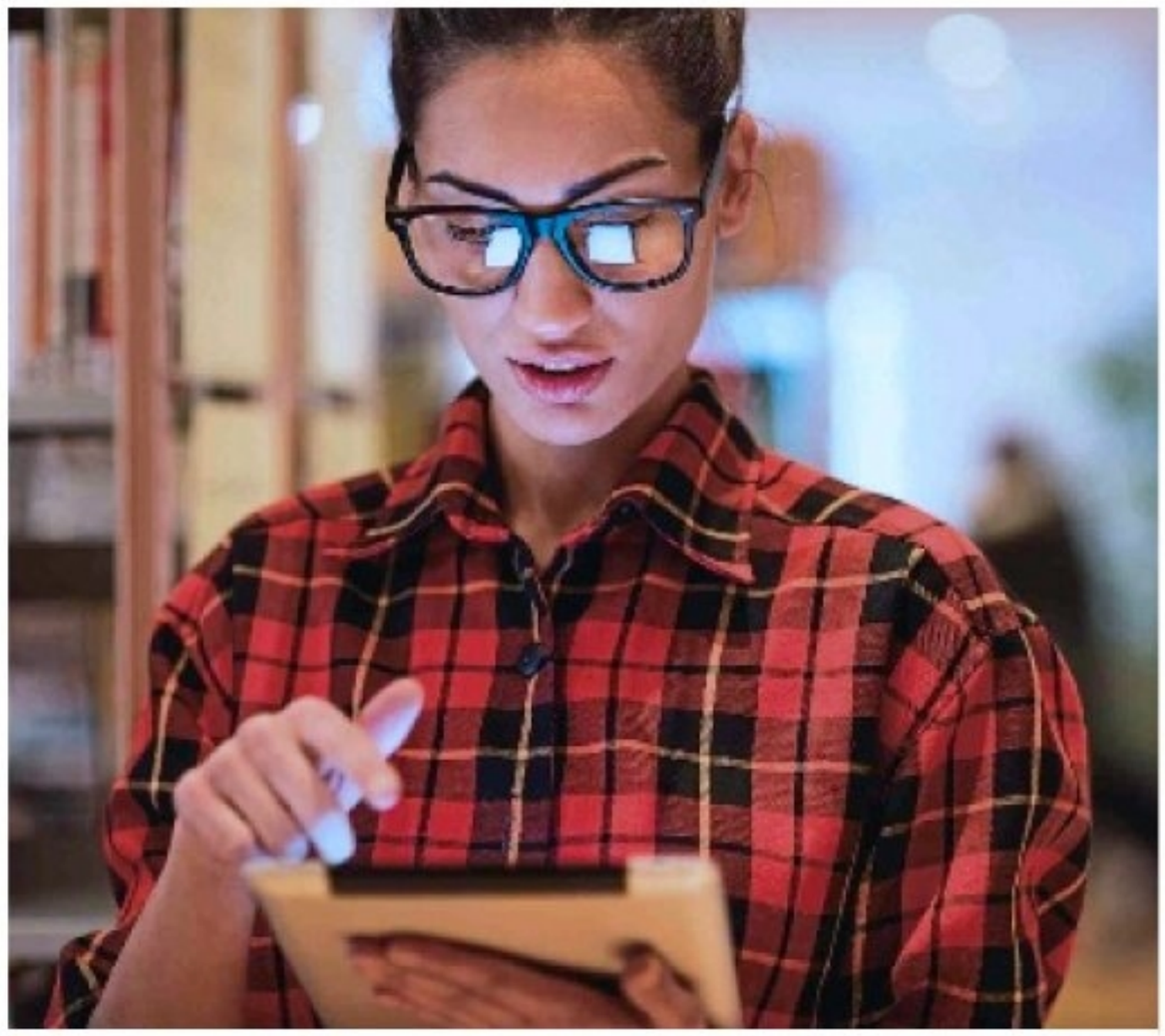
A whole day off for 'money time'



Five ways to improve your finances in just one day. ISTOCK

ADVICE

Take an entire day to get your finances back on track

Gail Vaz-Oxlade
For Metro Canada

Life's busy, isn't it? And so often we feel like there just isn't enough time to get everything done. Between work and schlepping the kids to their activities, dinner, laundry, the lawn and getting the car tuned up, where's the "me time"?

There's nothing like having a day off work. Whether you've booked it off to go on that school outing with the kids or to visit with a friend you haven't seen in years, those vacation days are treasures. Sometimes you have to take a sick day to get over a bad bout of the weekend. And sometimes you need a mental-health day to get yourself out of the miasma that life has swirled you into.

Imagine if you had a whole day to focus on your money and get it back on track. It'd be the day when you look at all the things that aren't just humming along and find ways to improve them.

What would you do on your Money Day?

1. Call your insurance broker and make sure you've got the best deal on your home and auto insurance. While you're at it, if you've been putting off putting life and disability insurance in place, get the ball rolling.

2. Add up your debts and make sure you're on track to get it paid off within a reasonable time frame. Haven't done a debt-repayment plan yet? Hey, this is the perfect day to do it.

DEBT-FREE LIVING
Make a debt-repayment plan and focus on getting those debts paid off in a reasonable time frame.

3. Review your bank statements for your accounts and make sure you aren't paying too much in bank charges. Are you earning as much as you can on your savings? If not, look around online at the high-interest-rate options available to earn more money on your hard-earned savings.

4. Review your budget. You should do this at least once a year. Better yet, twice. Are you spending what you planned? Have some categories grown over the past few months, necessitating that you trim back elsewhere? Are there expenses that have crept up slowly and are now eating more of your money than you'd imagined? Get out the paring knife.

5. Look over your retirement plan. Don't have one yet? Open up a retirement savings plan and start setting aside $25 a month for your future. Make a date (put it in your calendar) to up the amount to $50 a month because you've found a way to trim some money from your nice-to-have expenses. If you've been diligently saving for the future, review your investments and see if you're happy with the way things are going.

Your Money Day is also the day you put your will and your powers of attorney into place (finally!) and have a visit with your money team (investment advisor, insurance broker, etc.) to make sure they're keeping you front and centre in their minds. Hey, they're busy too. You have to make sure they're thinking about you.

Whatever needs tweaking, tweak. And if you're on track with where you wanted to be financially, imagine how fabulous you'll feel at day's end.

For more money advice, visit Gail's website at gailvazoxlade.com

Ways to effortlessly cut costs as a wedding guest

WEDDING DEBT

Avoid blowing your savings by following these tips

As important as it is to celebrate your friend or family member's love, you shouldn't blow your budget doing it. ISTOCK

There are times when it seems each week brings a new engagement announcement on Facebook, and every save-the-date card makes your long-held dream to backpack across Europe seem even more remote.

During your 20s or 30s, back-to-back weddings can turn a joyful occasion into one breathless swipe of a credit card after another. These festivities come right when most people are trying desperately to pay off our student loans, save for a house or move to a new apartment that's more Frasier and less Girls.

As much as you want to celebrate your friend or family member's love, you shouldn't blow your savings on their wedding. Just as important, you shouldn't feel guilty about turning down an invitation occasionally, even if that seems soul-crushingly awkward.

Follow these tips to emerge from your next string of weddings without credit card debt haunting you — unlike the groomsman who gave that embarrassing toast at the reception; his speech will follow him forever.

Set your own wedding budget

No rules state that you need to shell out $100 on every wedding gift, no matter how close you are to the bride or groom. Only you can determine how much you'll spend on each wedding, says Lizzie Post, etiquette expert and president of the Emily Post Institute. Set your own spending limit and prioritize the people who are most important to you. You'll avoid arriving at the destination wedding for co-worker No. 3 with a maxed-out credit card and a thick aura of resentment.

To start, choose a maximum wedding budget for the upcoming year or for the next several ceremonies you've been invited to. Include the total amount you plan to spend on travel, lodging, attire, gifts and additional pre-wedding events if you're a member of the bridal party.

As you plan your budget, make sure to keep at least a few hundred dollars in an emergency fund, and try not to carry a balance on your credit cards.

You can always (politely) decline

Say you decide $500 is a reasonable amount to allocate to wedding costs for the year. You'll now be able to accept invitations only to those events that fit your budget. That could mean attending your close friend's wedding in a different city but not your acquaintance's local one.

When you break the news, no need to explain that your budget is the culprit. A simple "no" RSVP and "I'm really sorry, but I won't be able to make it" is fine, Post says. If you're closer with the couple, say, "Between budget and schedule, I just really can't make it work." You should still send a gift, but use the tips below to save some cash.

Weddings also include many other events, such as engagement parties and bridal showers, and you have even more obligations if you're a bridesmaid or groomsman. Ask the best man or maid of honour how much the bachelor or bachelorette party will likely cost before committing. If you can't afford to go, you are hereby permitted to decline any pre-wedding events, even as a member of the bridal party.

"It's more important for you to be present with them on the big day," says Jennifer Spector, spokeswoman and director of brand strategy at Zola, a wedding registry website.

Keep gifts minimal

A "yes" RSVP means you'll attend the event and bring a gift unless the invitation explicitly says otherwise, Post says. This tradition holds true even for destination weddings. If you have to fly to the event and pay for a hotel, you're still on the hook for a present.

When you're on a budget, consider contributing to a group gift, Spector says, which might be an option through the couple's registry: Put $30 toward your friend's coveted KitchenAid stand mixer, for instance, instead of buying the whole thing.

Cookbooks and small household items are also solid lower-cost options, Post says. Handmade gifts can be cheaper and more personal, but they work best when you have a particular talent or craft that you're known for.

"If you're going to go the homemade route, it needs to really be special," Post says.

THE ASSOCIATED PRESS

$ MONEY

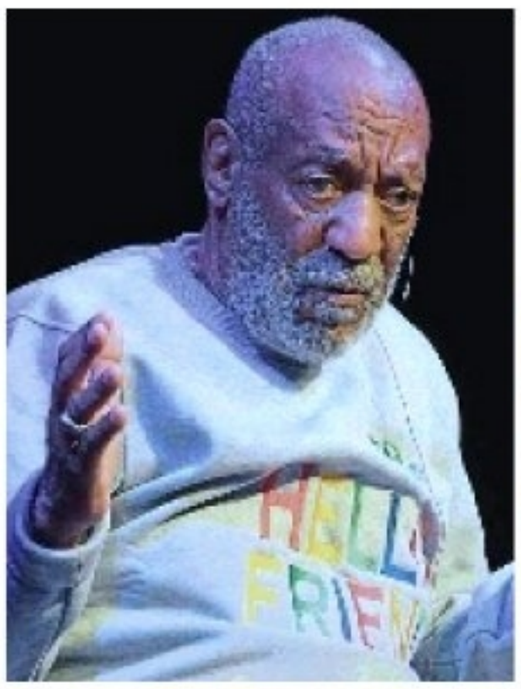
Set a budget

Determine how much you want to spend on each wedding and stick to your budget. Once you do this, you'll be able to determine which invitations you can accept. Keep at least a few hundred dollars in an emergency fund.

Activists condemn offensive 'costumes'

CROSSING THE LINE

Context is everything in analyzing cultural attire



From left to right: Bill Cosby, Caitlyn Jenner and a Japanese traditional female dancer. A growing number of institutions are starting to take a more proactive approach to potentially offensive outfits. PHOTOS FROM LEFT: PHELAN M. EBENHACK/THE ASSOCIATED PRESS; KEVIN WINTER/GETTY IMAGES; BUDDHIKA WEERASINGHE/GETTY IMAGES

Geishas are out. Feathered headdresses are forbidden. And if you're planning to wear a Bill Cosby or Caitlyn Jenner costume, you may not be welcome at your Halloween party of choice.

A growing number of institutions are starting to take a more proactive approach to potentially offensive outfits by developing strategies and even explicit policies to prevent people from donning controversial getups.

Costumes depicting specific cultural traditions are the most common focus of such efforts, which are making themselves felt in schools and universities.

The student union at Brock University in St. Catharines, Ont., recently prepared a list of prohibited costumes for its annual Halloween bash. The list features any form of headdress, costumes that mock suicide or rape, those depicting transgender activist Caitlyn Jenner, or outfits featuring a culture's traditional attire.

Such approaches don't always sit right with groups concerned with issues of censorship.

The Canadian Civil Liberties Association says Halloween forces people to walk a particularly fine line as they juggle cultural sensitivity with freedom of expression.

Equality Program Director Noa Mendelsohn Aviv said Halloween is steeped in a long tradition of social activism which would not have been possible if participants were excessively concerned with offending others.

She said the tradition of wearing costumes, for instance, often gave repressed members of the LGBTQ community opportunities to express themselves at a time when such actions were discouraged.

Context is everything when it comes to cultural costumes, she said, adding past and present social conditions can often conspire to make a costume feel offensive to the group being depicted.

She said protesters should have every right to voice their displeasure, but celebrants should also be allowed to be offensive.

"We have to be very careful not to repress that kind of expression," she said. "It's very important there be room for all kinds of different personal and political and subversive and dissenting expression, and Halloween is a time when that really happens."

Mendelsohn Aviv praised one technique put into practice three years ago at McGill University, whose student union issued colour-coded tags to attendees of its 2014 Halloween party. Green tags meant the costume was considered appropriate, yellow tags were for those whose choice of attire was considered questionable, and red tags were reserved for those believed to have crossed a line into offensive territory.

Mendelsohn Aviv said social censure, rather than more active punishments, can be an effective way to give everyone a voice while still expressing that certain costumes may be in poor taste.

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JOHANNA SCHNELLER WHAT I'M WATCHING

Discovering sadness, hope on Secret Path

THE SHOW: The Secret Path (cbc.ca)
THE MOMENT: The windbreaker

Gord Downie is seen performing during 'Secret Path' at the National Arts Centre Tuesday October 18, 2016 in Ottawa. ADRIAN WYLD/THE CANADIAN PRESS

In delicate, watercolor-washed animation, 12-year-old Chanie Wenjack walks, shivering, down kilometre after kilometre of railroad tracks, while the musician Gord Downie sings in an aching voice, "I am a stranger on a secret path/the one that nobody knows."

Chanie meets a raven, who sheds a feather. The feather turns into hair clippings as faceless nuns and priests buzz-cut a room full of Native Canadian children who've been yanked from their homes and imprisoned in residential schools. Chanie (also called Charlie) ran away; now he's trying to walk 600 kilometres home through northern Ontario forests to Ogoki Post.

But it's October 1966, and his warmest layer is a thin blue windbreaker. "I am soaked to the skin/there has never been/a colder rain than this," Downie sings. "There is no secret path." Downie, who's long known he's dying of cancer, created this legacy passion project to address the horrors of residential schools, and to give meaning to Chanie's life, which ended on those tracks on Oct. 22, 50 years ago. He wrote 10 poems, then turned them into an album, a graphic novel, and now this hour-long special (the lovely animation is by Jeff Lemire). "It's an attempt," Downie tells Chanie's four sisters, who appear in the doc, "to capture the feeling of trying to get home."

It's suffused with sadness, of course, but there's also hope. "As big as the world is, we're all connected in some way," Pearl Wenjack says. "I don't know how, but I know that. That's why Gord was connected to Charlie."

Johanna Schneller is a media connoisseur who zeroes in on pop-culture moments. She appears Monday through Thursday.

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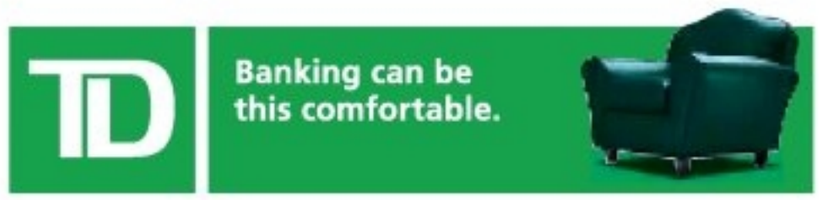

[1] Based on a comparison of 2015 Aeroplan Flight Reward bookings against actual market base fares and leading financial institutions' travel rewards programs' terms and conditions. [2] Welcome Bonus of 15,000 Aeroplan Miles ("Welcome Bonus Miles") will be awarded to the Aeroplan Member account associated with the TD Aeroplan *Visa Infinite* Card Account ("Account") only after the first Purchase is made on the Account. To receive the additional 10,000 Aeroplan Miles, you must also: (a) apply for an Account between September 3, 2016, and December 2, 2016; and (b) make $1,000 in Purchases on your Account, including your first Purchase, within 90 days of Account approval. To receive the additional 5,000 Aeroplan Miles you must also (a) Add an Authorized User between September 3, 2016, and December 2, 2016; (b) Authorized User must call and activate their Card by January 16, 2017, and (c) your Account must be in good standing at the time this 5,000 Bonus Aeroplan Miles is awarded. You can have a maximum of three (3) Authorized Users on your Account but you will only receive 1 (one) 5,000 Bonus Aeroplan Miles offer. Annual Fee for each Authorized User Card added to the Account will apply. The Primary Cardholder is responsible for all charges to the Account, including those made by any Authorized User. If you have opened an Account in the last 6 months, you will not be eligible for these offers. We reserve the right to limit the number of Accounts opened by and the number of miles awarded to any one person. Please allow 8 weeks after the conditions for each offer are fulfilled for the miles to be credited to your Aeroplan Member account. Offers may be changed, withdrawn or extended at any time and cannot be combined with any other offer unless otherwise specified. These miles are not eligible for Aeroplan status. All trade-marks are property of their respective owners. ® The Air Canada maple leaf logo and Air Canada are registered trade-marks of Air Canada, used under license. ® The Aeroplan logo and Aeroplan are registered trade-marks of Aimia Canada Inc. ® The TD logo and other trade-marks are the property of The Toronto-Dominion Bank.

YOU CAN DO THIS PHARMACEUTICAL PROJECT MANAGER

Products that change lives

WHY I LIKE MY JOB

Jessica Parsons, 32, Project Manager in the Pharmaceutical Industry

Although I initially intended to enter a career in business management, I was intrigued by three new courses that became available during my last year of study at George Brown College. These courses focused primarily on project management, so I decided to put my business courses on hold so I could get my feet wet in a newer, promising area.

Today, I work as a project manager in the pharmaceutical sector, where I spend the majority of my day coordinating and leading a diverse team of professionals to deliver an innovative selection of products to our clients. Since I work for a company that develops solutions for healthcare providers and their patients, every product we deliver changes lives. We use new tech, data visualization and creative materials to create an array of cutting-edge tools. As a project manager, I get to take part in the initial ideation and solution planning while ensuring alignment with targets and careful communication between all involved parties.

I enjoy project management because I know that every day is going to be different. There will be days that are challenging but solving problems and working with others is something I really enjoy. I learn a great deal from the teams I am a part of and gain valuable experience along the way.

THE BASICS: Project manager

$61,702

Median annual salary for a project manager. Obtaining the PMP certification could lead to a lucrative career, with average salaries extending beyond **$100,000** annually.

+4%

Projected rate of job growth over the next eight years.

Data for this feature was provided by payscale.com, trade-schools.net, ontariocolleges.ca and onetonline.org

HOW TO START

Enrolling in a college or university business program is a good place to start. Additionally, project management programs are offered at the post-graduate level in schools of continuing studies. Individuals with at least 23 hours of project management education or 1,500 hours of professional experience can write the Certified Associate in Project Management (CAPM) exam in association with the Project Management Institute.

WHERE YOU CAN GO

The most promising industries for project management professionals include construction, manufacturing, engineering, information technology and product marketing. Companies are continuing to expand and diversify across the globe, requiring significant resource planning, risk management, and quality assurance.

REQUIRED SKILLS

A flawless attention to detail will go a long way in a project manager's career. Professionals in this field need to be able to meet deadlines and budgets while effectively juggling competing priorities. A project manager should not be afraid to take initiative, give direction, or make critical decisions in high-pressure situations.

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FEAR OVER U.S. ELECTION

A president-proof portfolio

The U.S. election promises to be a wild ride to Nov. 8 and stock markets could be taken along for the volatile trip to voting day.

With that in mind, experts are urging investors to resist falling prey to emotion and see past the short term while remaining focused on their plans.

"You can't kind of go from greed to fear to greed to fear," says Chris Catliff, CEO of BlueShore Financial. "You need to keep it in check."

Britain's surprise vote in June to leave the European Union sent stock markets into a tizzy. An upset win by Republican presidential candidate Donald Trump, despite polls suggesting only a slim chance of victory, could result in similar convulsions.

But people should remember that while stock markets sank in the wake of the so-called Brexit vote, they also bounced back in the weeks that followed. Those who sold their holdings in the immediate aftermath missed out on the rebound.

Those who are nervous about the short term moves on the market may have too much risk in their portfolios.

Catliff says the Canadian dollar and peso have rallied when Hillary Clinton, the presidential nominee for the Democrats, has done well in the campaign.

Trump, on the other hand, has injected a little more uncertainty into the markets when he performs well, Catliff says.

"I think that's because people haven't figured him out yet necessarily," he says.

Stan Wong, portfolio manager at Scotia Wealth Management, says investors need to remember that the U.S. is Canada's largest trading partner and the largest economy in the world.

"So anything that happens in the U.S., they are the elephant," he says. "If they move, it's going to affect us."

In a report to clients, Scotia Wealth Management said a Republican win may have mixed results for Canada, initially striking a positive note before problems creep up in the medium- to long-term as anti-immigration, anti-trade and U.S. government debt weigh on the U.S. economy.

The report said a Democratic win would be a relatively status quo scenario.

Wong says Trump favours the energy producers in the U.S. and that could spur new investment spending on pipelines and drilling.

When it comes to Clinton, he says, health care has been under a microscope and may continue to face scrutiny, which could affect some companies in the U.S. and Canada. Clinton has said drug companies should have to explain price increases and show what benefits and value have been added.

CRAIG WONG/THE CANADIAN PRESS

$ MONEY

What a Republican win could mean for Canada

Scotia Wealth Management warns Canadians that a Republican win may result in 'medium-to long-term problems as anti-immigration, anti-trade and U.S. government debt weigh on their economy.'

metro SPORTS

Rumblings out of Chicago say catcher/outfielder Kyle Schwarber could return from April knee surgery to play a part in the World Series

Eagles dig talons into Bradford and Vikings

NFL

Philly racks up six sacks as Minnesota suffers first loss

Josh Huff returned a kickoff 98 yards for a touchdown, Carson Wentz outplayed Sam Bradford and the Philadelphia Eagles beat Minnesota 21-10 on Sunday, handing the Vikings their first loss of the season.

The Eagles (4-2) snapped a two-game losing streak while the rested Vikings (5-1) hardly looked like an unbeaten team after having a bye.

"I thought we played embarrassing in two phases," Vikings coach Mike Zimmer said. "I'm very disappointed in the performance.

Bradford returned to Philadelphia for the first time since his trade to Minnesota eight days before the season opener paved the way for Wentz to start. Bradford was 7-7 in his only season with the Eagles and won his first four starts for the Vikings.

But the Eagles pressured and harassed their former quarterback all game, sacked him six times, and forced his first three turnovers this season.

"I thought he missed some throws that he normally makes, but he got hit a lot," Zimmer said. "It's probably hard to evaluate his performance when (the offensive line) looks like a sieve."

Wentz also struggled early, tossing two interceptions. But he recovered to lead the Eagles on a couple of scoring drives, including a five-yard TD pass to Dorial Green-Beckham in the third quarter for an 18-3 lead.

"That's a great defence we played," Wentz said. "I have to be smarter with the football. We found a way to win. That's huge for us."

Both teams had a sloppy start. After combining for only three turnovers in 10 games, the teams traded giveaways on five consecutive series in the first quarter and totalled eight turnovers. The Vikings started two straight drives inside the red zone, but squandered both chances.

Blair Walsh hit a 48-yard field goal to give the Vikings a 3-0 lead before Huff broke loose for his second career touchdown return. Huff sprinted up the right side, ran through Walsh's attempted arm tackle at the 40, raced untouched to the end zone and capped it with a somersault. Wentz ran in from the 1 for the two-point conversion to give the Eagles an 8-3 lead.

THE ASSOCIATED PRESS

Rodney McLeod of the Eagles forces Vikings quarterback Sam Bradford to fumble as Mychal Kendricks applies pressure on Sunday in Philadelphia. RICH SCHULTZ/GETTY IMAGES

He's a kicker. I couldn't let a kicker tackle me or I'd be mad at myself.

The Eagles' Josh Huff on breaking the tackle of the Vikings' Blair Walsh en route to scoring a TD

WEEK 7 SCORES

THURSDAY

Packers 26, Bears 10

SUNDAY

Giants 17, Rams 10
Raiders 33, Jaguars 16
Jets 24, Ravens 16
Lions 20, Redskins 17
Bengals 31, Browns 17
Colts 34, Titans 26
Chiefs 27, Saints 21
Dolphins 28, Bills 25
Eagles 21, Vikings 10
Buccaneers 34, 49ers 17
Chargers 33, Falcons 30
Patriots 27, Steelers 16
Seahawks at Cardinals*

MONDAY

Texans at Broncos

*Sunday's late game

MLB PLAYOFFS

Cubs fans taste hint of glory

With a mix of euphoria, relief and disbelief, long-suffering Chicago Cubs fans are shaking off superstitions and setting their sights on the team's first World Series in 71 years.

Loyal fans as far south as San Antonio, Texas, and as far west as Washington State restructured their worldviews to include the seductive possibility that they won't be disappointed again.

"For me, personally I had tears in my eyes. I've seen them come close," said Chicago native Jimmy Tingas, 47, who owns Wrigleyville Grill in San Antonio where he caters to homesick former Chicagoans. "We have one more task to do. I'm confident they're going to do it."

Lifelong fan Marilyn Hnatusko wiped away tears after the Cubs' latest triumph, recalling other longtime Cubs fans.

"I thought of all my relatives who didn't see this, my dear Uncle John, and now I can't quite believe it happened," she said.

THE ASSOCIATED PRESS

MOVING ON

- The Cubs beat the Dodgers 5-0 in Game 6 of the National League Championship Series on Saturday night. They took the series 4-2.
- Cleveland awaits Chicago in the World Series, which begins Tuesday.

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Blues welcome Mourinho back rudely

PREMIER LEAGUE

Chelsea score four on Man United and former boss

Chelsea's Eden Hazard celebrates his 62nd-minute goal against Manchester United on Sunday at Stamford Bridge in London. GLYN KIRK/AFP/GETTY IMAGES

Jose Mourinho was humiliated on his return to Chelsea as Manchester United's dithering defence was brutally exposed in a 4-0 loss Sunday by its ruthless hosts, who scored after only 30 seconds.

Mourinho endured chants of "You're not special anymore" from home fans at Stamford Bridge who adored the self-styled "Special One" when he was delivering trophies across two spells in charge of the London club.

With Gary Cahill, Eden Hazard and N'Golo Kante also scoring after Pedro Rodriguez's lightning opener, this capitulation by United was reminiscent of the gloomy final days of Mourinho's second Chelsea reign which was abruptly halted last December with his firing.

United is quickly discovering the managerial aura which saw Mourinho win trophies with FC Porto, Chelsea, Real Madrid and Inter Milan is not yet close to being restored.

Antonio Conte also had much to prove against Mourinho after losses to Liverpool and Arsenal in the opening weeks of his Chelsea reign. The Italian's players delivered before the first minute of the game had elapsed, setting the tone for a day of dominance.

The opener originated from a speculative long ball from Marcus Alonso which drifted past hesitating defenders Daley Blind and Chris Smalling and landed at Pedro's feet. United goalkeeper David de Gea was already committed far from his goal-line at the edge of the penalty area and Pedro nipped around him and made no mistake putting the ball in the open net.

"We made an incredible defensive mistake with capitals in the first minute — then the game is different," Mourinho said, insisting the overall performance was "very good."

The evidence on the pitch suggested otherwise. THE ASSOCIATED PRESS

DIVISION TABLE

	W-D-L	GD.	Pts
Man. City	6-2-1	11	20
Arsenal	6-2-1	10	20
Liverpool	6-2-1	9	20
Chelsea	6-1-2	10	19
Tottenham	5-4-0	9	19
Everton	4-3-2	5	15
Man. United	4-2-3	1	14
S'hampton	3-4-2	3	13
Watford	3-3-3	0	12
Bournemouth	3-3-3	0	12
Crys. Palace	3-2-4	0	11
Leicester	3-2-4	-4	11
West Brom.	2-4-3	0	10
Burnley	3-1-5	-5	10
West Ham	3-1-5	-7	10
Stoke City	2-3-4	-7	9
Middlesbrough	1-4-4	-4	7
Hull City	2-1-6	-14	7
Swansea	1-2-6	-7	5
Sunderland	0-2-7	-10	2

Champions League
Europa League
Relegation

FORMULA ONE

Hamilton still in championship hunt

Lewis Hamilton got the victory he needed to keep his Formula One championship hopes alive, winning the U.S. Grand Prix for the fourth time in five years Sunday.

Hamilton cut Mercedes teammate and championship leader Nico Rosberg's points lead to 26 with three races to go. Rosberg finished second ahead of Red Bull's Daniel Ricciardo to maintain a relatively comfortable cushion over Hamilton in the title chase. THE ASSOCIATED PRESS

Lewis Hamilton celebrates in Austin, Texas, on Sunday. CLIVE MASON/GETTY IMAGES

IN BRIEF

Logano advances in NASCAR playoffs

Joey Logano grabbed a critical win to give Team Penske one car in the next round of NASCAR's playoffs. Denny Hamlin edged Austin Dillon for a final spot in the field on a tiebreaker Sunday at Talladega Superspeedway.

Logano wasn't in a must-win situation, but the victory gave him a guaranteed slot on a day when the Chase for the Sprint Cup championship field was cut from 12 to eight drivers. THE ASSOCIATED PRESS

Nguyen sixth in Illinois

Toronto's Nam Nguyen produced two clean programs including Sunday's free skate to take sixth spot at Skate America, the first stop on the ISU Grand Prix circuit.

Nam Nguyen GETTY IMAGES

Japan's Shoma Uno won gold, Jason Brown of the U.S. took silver and his compatriot Adam Rippon bronze. THE CANADIAN PRESS

NHL

Oilers keep Jets grounded outside

Cam Talbot made 31 saves and Zack Kassian had a goal and an assist as the Edmonton Oilers defeated the Winnipeg Jets 3-0 Sunday in the Heritage Classic.

The victory extended Edmonton's win streak to three games in front of 33,240 at Winnipeg's Investors Group Field, with fans wearing both Jets and Oilers jerseys at the league's 19th outdoor game.

Mark Letestu and Darnell Nurse also scored for Edmonton (5-1-0).

HERITAGE CLASSIC

3	0
OILERS	JETS

Connor Hellebuyck stopped 29 of 32 shots for Winnipeg (2-3-0).

The start of the game was delayed almost two hours to let the sun sink closer to the horizon, reducing glare. THE CANADIAN PRESS

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PANDIT: KALBHAIRAV BABA JI

Expert in Patra Reading, Open Book, Palm, Reading, Horoscope Photo Reading, Face Reading, Name & Date of Birth. Pandith is Expert in Removing Black Magic,Generation Curses, Black Hearts, Voodoo, Jadoo, Butu, Witchcraft, Obeau, Evil Spirits & Bad Luck.

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- Bad Luck
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- Depression
- Psychological
- Business
- Work Problems
- Financial Problems
- Wife & Husband Pro
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- Court Cases
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- Drinking Problems
- Health Protection
- House Protection
- Childless Couples
- Sexual Problems
- Lottery
- Success in Life

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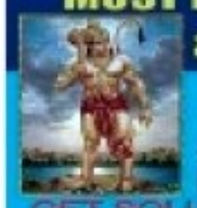

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RECIPE Vegetarian Skillet Lasagna

PHOTO: MAYA VISNYEI

Ceri Marsh & Laura Keogh
For Metro Canada

You can switch up the veggies in this sauce, but do not skip the gooey cheese that covers the top of this one-pot lasagna.

Ready in 20 minutes
Prep time: 10 minutes
Cook time: 10 minutes
Serves 6

Ingredients
- 1 tbsp olive oil
- 1 onion, diced
- 3 cloves garlic, minced
- 1 medium zucchini, diced
- 1 tsp dried oregano
- salt and pepper
- 6 to 8 mushrooms, sliced
- 1 x 19 oz can of tomatoes
- 1 cup water
- 8 oz (250 grams) of dried pasta like farfalle
- 1 cup grated mozzarella
- 1 cup ricotta
- small handful of fresh basil

Directions

1. Warm up olive oil in a large skillet over medium heat. Add onions and garlic and allow to soften, about 3 minutes. Toss in zucchini, mushrooms and oregano. Stir occasionally 3 to 5 minutes until vegetables start to soften. Season with salt and pepper to taste.

2. Add tomatoes and break with the back of a spoon. Pour in water. Stir everything and bring to a simmer.

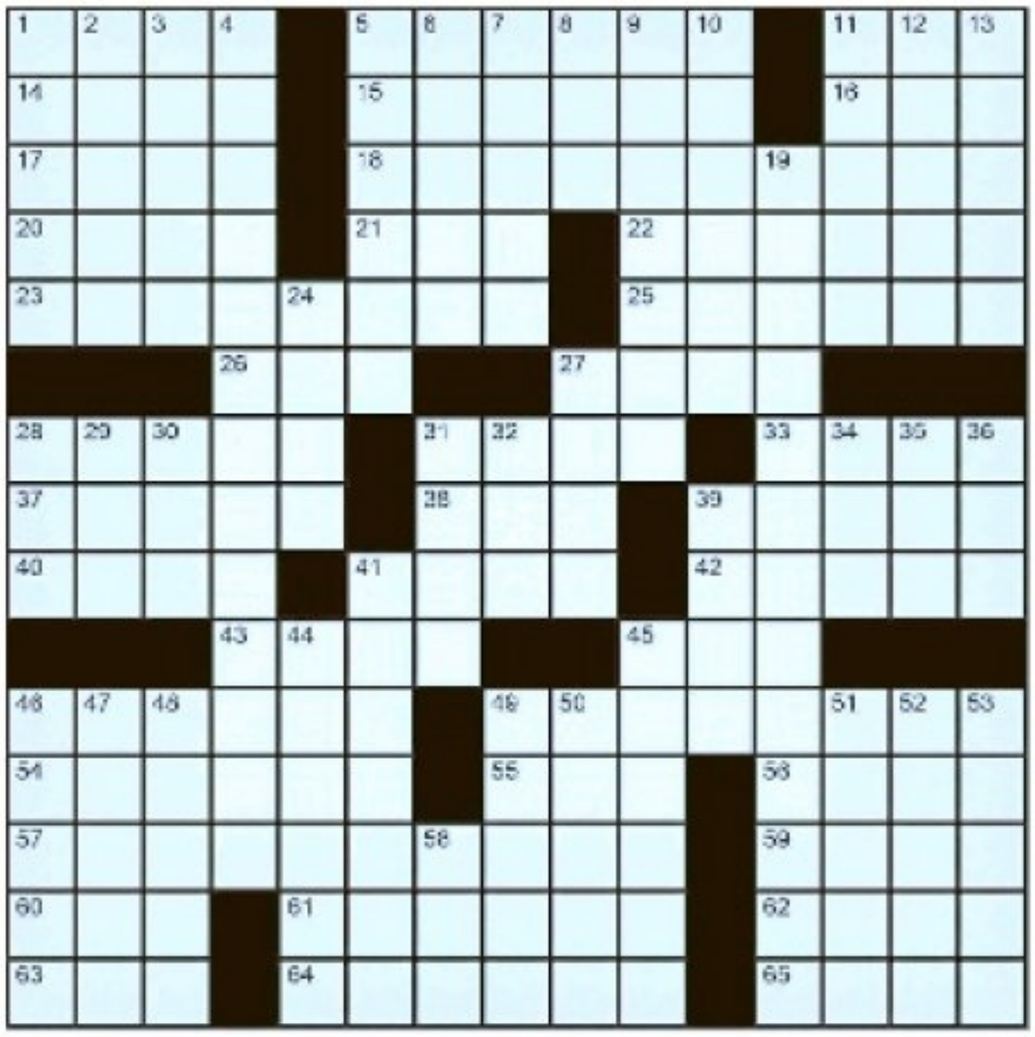
3. Pour pasta into the sauce and make sure it is submerged. Allow to simmer 15 minutes, stirring so it doesn't stick to the bottom.

4. When pasta is just about cooked, stir in mozzarella. Spoon ricotta over top of the dish. Cover the skillet for about 3 minutes to allow the cheese to warm through and soften. Sprinkle fresh basil before serving.

FOR MORE MEAL IDEAS, VISIT SWEETPOTATOCHRONICLES.COM

CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN



ACROSS
1. Ella Fitzgerald's singing specialty
5. Unpredictable result
11. NBA player in Ohio, for short
14. Story
15. High-__ fuel
16. The Altar constellation in space
17. Ms. Cummings of "Feed the Beast"
18. Park attraction in Victoria; or, a neighbourhood of Ottawa: 2 wds.
20. Like fine wine
21. Nova Scotia's __ Island, in Mahone Bay
22. Habituated
23. Droned delivery from the dais
25. Tart-tasting
26. Parked cars area
27. Cilantro, for one
28. Mr. Picasso
31. Traversed thing
33. Aware of the hoax: 2 wds.
37. Goodie
38. Following morn' time
39. Style
40. Talented tennis server
41. Essential part
42. Skillful
43. Branch balancer
45. "Close, __ no cigar!"
46. __ skiing (Resort recreation)
49. Supports a walk-a-thon
54. Domains
55. Communist leader of China, __ Zedong (b.1893 - d.1976)
56. Call it a day
57. "The Beachcombers" and "The Littlest Hobo", e.g.: 2 wds.
59. Reverse
60. Film __
61. Bathroom renovation replacement
62. Image
63. "Sure."
64. Records
65. Resist

DOWN
1. __ engine (Model train piece)
2. Shipment
3. Sci-Fi flick starring Sigourney Weaver
4. Sir John A. Macdonald is on it in your wallet: 3 wds.
5. Additionally: 2 wds.
6. 54-40's "__ Pearl"
7. Vampire impaler's weapon
8. Cul-de-quoi?
9. Squeakiness could mean a hinge is what?
10. Writer
11. Mummy's milieu
12. "Over the Rainbow" co-composer Harold
13. Canadian folk singer/songwriter of "Rock and Roll Song"
19. Cephalopod on menus in West Coast restaurants: 2 wds.
24. Beep!
27. Possesses, olde-style
28. Harper Valley, e.g.
29. Joan of what?
30. The Gees connecter
31. Bug killer brand
32. Frequently, short-style
34. Rob Roy's refusal
35. Pourboire
36. Food fragment
39. Human/goat forest deity
41. Continue with the trek: 2 wds.
44. Prisoner
45. Hikes up
46. Creative
47. Flood embankment
48. Accords
49. Cosmetic dentistry focus
50. One wearing out the carpet with worry
51. Weight unit
52. Get __ (Throw away)
53. __ silence
58. Puppy training order

IT'S ALL IN THE STARS Your daily horoscope by Francis Drake

Aries March 21 - April 20
This is a wonderful, creative day for you! This is good news, because Aries is the artisan of the zodiac. You can do anything with your hands!

Taurus April 21 - May 21
Postpone important family discussions for another day, because today is a poor day to make a decision. Just get the facts and do your homework well.

Gemini May 22 - June 21
This is a good day to write or be creative. However, it's a poor day to shop for anything other than gas and food. This is not a good day for making important decisions or purchases.

Cancer June 22 - July 23
Avoid important financial decisions today. Do not shop for major items — just shop for food and gas. Postpone important purchases and decisions until tomorrow.

Leo July 24 - Aug. 23
This is a loosey-goosey day. Unfortunately, because it's Monday, you might try to begin something new or make a new decision. Don't do this; wait until tomorrow.

Virgo Aug. 24 - Sept. 23
Your efforts to research something or find a secret that you're looking for will be quite productive today. That's because it's easy for you to think outside of the box.

Libra Sept. 24 - Oct. 23
Enjoy schmoozing with friends today, because this is an easygoing (albeit goofy) day. Just hang out with people and have a good time.

Scorpio Oct. 24 - Nov. 22
Postpone important discussions with parents and bosses today, because whatever you initiate likely will not fulfill its purpose. Just go with the flow and keep treading water.

Sagittarius Nov. 23 - Dec. 21
Your appreciation of beauty is heightened today, which is why you will enjoy art galleries, museums, boutiques and beautiful parks. Take it easy today.

Capricorn Dec. 22 - Jan. 20
This is a poor day to make important financial decisions, especially about inheritances, taxes, debt and shared property. Wait until tomorrow.

Aquarius Jan. 21 - Feb. 19
A heart-to-heart talk with a close friend or a partner will be meaningful today because people are willing to let their hair down. They will take a chance on honesty.

Pisces Feb. 20 - March 20
Your work scene will suffer from delays, poor decisions and inefficiency today. Just accept this and don't be hard on yourself or others. You will accomplish much more tomorrow.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9

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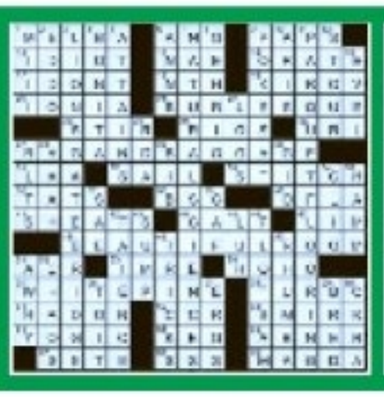
FRIDAY'S ANSWERS

Your daily crossword and Sudoku answers from the play page.

for more fun and games go to metronews.ca/games



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